

- **Drowning is the leading cause of accidental preventable death in California for children under 5.**
- **Of all preschoolers who drown, 70% are in the care of one or both parents. 75% are missing from sight for five minutes or less.**
- **Drowning rates for all ages are three times higher in rural areas.**
- **Approximately 50% of preschooler drownings occur in residential swimming pools.**
- **An estimated 5,000 children ages 14 and under are hospitalized due to unintentional drowning-related incidents each year.**

Sheriffs Departments

Madera County(559) 675-7770
 Fresno County.....(559) 488-3939
 Tulare County.....(559) 733-6218

Police Departments

Fresno(559) 621-2000
 Clovis(559) 324-2400
 Madera.....(559) 674-5611

Utilities/Water/Irrigation Districts

Madera Irrigation District(559) 673-3514
 Fresno Irrigation District.....(559) 299-3171
 Fresno Utilities District.....(559) 621-8600
 Clovis Utilities District(559) 324-2600

Provided courtesy of
 Assemblymember Michael N. Villines

District Office
 6245 North Fresno Street, Suite 106
 Fresno, CA 93710
 Phone: (559) 446-2029
 Fax: (559) 446-2028

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 State Capitol
 P.O. Box 942849
 Sacramento, CA 94249-0029
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Dear Families,

I am happy to provide your family with this brochure on swimming safety. I hope this brochure will provide you with useful information on ways to make sure you and your children are out of harm's way when swimming.

Along with many good suggestions to help you and your family avoid tragedy during swimming season, I have included contact numbers for your local sheriff's department and local irrigation, water and utilities districts in case you or someone you know needs assistance.

Remember, it is always a good time for you to talk to your children about swimming safety, and to focus on precautionary measures that should be taken during the summer months.

If you have any questions on steps to protect your children, or questions about any state issue, please do not hesitate to contact my district office. The telephone number is (559) 446-2029. As always, it is an honor to represent you in the State Assembly.

Let's all enjoy a season of happy and safe swimming!

Michael N. Villines
 Assemblyman Michael N. Villines
 District 29



General Water Safety Tips

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim.
- Always swim with a buddy; never swim alone.
- Swim in supervised areas only.
- Obey all rules and posted signs.
- Watch out for the “dangerous too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Pay attention to local weather conditions and forecasts.
- Don’t swim at night when potential hazards are hard to see.
- Know how to prevent, recognize and respond to emergencies.



Lake and River Safety Tips

- Select a supervised area. A trained lifeguard who can help in an emergency is the best safety measure.
- Select an area that is clean and well maintained.
- Select an area that has good water quality and safe natural conditions. Murky water, hidden underwater objects, unexpected drop-offs, and aquatic plant life are hazards.
- Make sure the water is deep enough before entering headfirst.
- Be sure the rafts and docks are in good condition.
- Avoid drainage ditches and arroyos. Drainage ditches and arroyos for water run-off are not good places for swimming or playing.

Ocean Safety Tips

- Slip, slap and slop! Slip into a shirt, slap on a hat and slop on the sunscreen! Always protect your body from the sun’s harmful rays!
- Always swim at a guarded beach.
- Consult lifeguards about ocean conditions before you go into the water.
- Give older children limits, like “knee deep” or “waist deep.”
- Hold toddler’s hands and stay in very shallow water.
- Remember, waves that look small to you can overwhelm a child.
- Heed all warning signs – they are there for a reason.
- Never swim alone.
- Never go out farther than you can swim.
- If you see someone in distress, call for a lifeguard or dial 911.
- Know your limits – if in doubt, don’t go out.



Pool Safety Tips

- Never leave children alone or near the pool, even for a moment.
- Install a fence at least four feet high around all sides of the pool.
- Make sure pool gates self-close and self-latch at a height children can’t reach.
- Keep rescue equipment and a portable telephone near the pool.
- Whenever infants or toddlers are in or around water, make sure an adult is within arm’s length providing “touch supervision.”

Canal Safety Tips

- Don’t swim in canals – ever!
- Keep a safe distance from the edge of canals.
- Canal sides are extremely slick, making it difficult to get out.
- Swimming, canoeing, kayaking, water skiing and tubing are not allowed in canals.
- Motorized vehicles are not allowed on the canal banks.
- Stay away from automated equipment at water delivery gates.
- Never jump in to try to rescue pets or objects such as toys.

American Red Cross:
Designated Buddy Program

- A designated buddy is an adult or responsible teen who is responsible for watching and protecting a young child when he/she is near a body of water or any other potentially hazardous situation.
- For more information on the Designated Buddy Program, please contact:

The Fresno – Madera Counties Chapter
of the American Red Cross
2002 N. Fine Avenue
Fresno, CA 93727
(559) 455-1000